

# **ABSTRACT**

**Title:** Case Study of physiotherapy treatment of a patient with the diagnosis of distorsio articularis talocruralis pedis l. dx gravis

**Summary:**

The aim of this thesis is to introduce readers to the topic of physiotherapy sessions at diagnosis ankle sprains. The general described the anatomy and biomechanics of the foot, with a focus on the ankle joint. Injuries of the ankle will focus on the distortion. It is here described mechanism of injury, classification, clinical presentation and diagnosis. The general conclusion of the thesis describes the methods and therapeutic procedures and physical therapy to help the patient to full recovery. A special part is prepared on the basis of patient case studies. They also described individual therapy in the treatment. Among these therapies are introduced application of selected therapeutic techniques that I used in therapy to achieve the objectives.

**Key words:**

casuistry, physiotherapy, distortion, physical therapy